

# ABSTRACT OF THE DISCLOSURE

The present invention concerns a method and an apparatus for stabilizing the temperature of optical, in particular optically active, electrooptical, or acoustooptical components, preferably in scanning microscopy, in particular in  
5 confocal scanning microscopy, such that the temperature of the component can be held in stable fashion at a constant value in a space-saving manner, as simply as possible, and with as few additional assemblies as possible, and is characterized in that the energy that interacts with the component serves for stabilization.

10 (Figure)